Welcome to the gourmet world of Japanese noodles.
In the same way that the Japanese appreciate the changing seasons, there has always been a great appreciation for nature’s bounty in Japan. And today, Japanese food, which has evolved through such an appreciation, is now becoming increasingly popular around the world. *Kanmen*, or “dried noodles,” includes *udon*, *soba* and *somen*, which are dried during the production process, and is a representative Japanese food. *Kanmen* is convenient as it can be prepared simply by boiling it in hot water and can be stored over long periods of time. It has a simple flavor and a unique, chewy texture, is easy to cook, and can be applied to a range of different dishes. Try the taste of Japanese *kanmen*, a part of Japan’s food culture that evolved through the connection between people and nature.
The KANMEN Range

The diversity of Japanese kanmen, each with a unique taste. Japanese kanmen is produced by kneading together buckwheat flour or wheat flour with water and other ingredients. There are many types of kanmen, depending on the ingredients used, the method of production and the thickness of the noodle. The following are typical examples of kanmen, each with its unique flavor and texture.

**Soba**
Produced by blending soba, or buckwheat, flour and wheat flour as a binding agent. This blend is then kneaded with cold or hot water. It boasts excellent flavor and texture.

**Udon**
Produced by kneading together a mixture of wheat flour and salt with water, udon noodles are thick and have a firm texture.

**Hiyamugi**
A thin noodle produced by kneading together a mixture of wheat flour and salt with water. Hiyamugi is slightly thicker than soumen.

**Soumen**
Ultra-thin noodles produced by kneading together a mixture of wheat flour and salt with water to produce smooth noodles with a firm texture.

**Kishimen**
Produced by kneading together a mixture of wheat flour and salt with water. The final product is a flat noodle known as hiramen.

**Dried Chinese Noodles**
Noodles that are produced by adding brine to wheat flour and salt, kneaded and then dried. Primarily used in Chinese dishes.
Kanmen

Stir-fried, simmered in soup, or chilled and used as a salad ingredient by mixing with fresh vegetables... Japanese kanmen can be enjoyed in a wide range of dishes - as a substitute for pasta in Western style dishes, in Chinese noodle dishes and, naturally, in Japanese noodle dishes as well. Which of the following dishes would you choose to try out the taste and texture of Japanese kanmen?

Which dishes can maximize the delicate, delicious taste and texture of kanmen?

Experience

Soba Salad Featuring Western Vegetables

1. Slice the vegetables into edible sizes.

2. Boil the soba noodles ensuring they are slightly firm, rinse thoroughly in cold water and drain. Boil snap peas and chill them in cool water.

3. Blend the ingredients for the dressing (commercial dressing can also be used).

4. Place drained vegetables and noodles in a bowl, add the dressing just before serving, blend and then transfer to a serving dish or bowl.

Instructions (Refer to pages 19 and 14 for ingredient details)
Pasta-style Hiyamugi Noodles with Summer Vegetable Sauce

1. Dice vegetables. Add half the olive oil to pan and sauté the garlic and red chilli peppers to flavor the oil. Quickly sauté the eggplant and remove from heat.
2. Add a little olive oil and sauté the onions. Add the other vegetables, finally adding the eggplant prepared in step 1.
3. Add sugar, white wine vinegar, salt, black pepper and the remaining olive oil, blending quickly. Place lid on pan and simmer for 4 to 5 minutes.
4. In a separate pot, boil the hiyamugi noodles, making sure they retain their firmness. Rinse in cold water and drain.
5. Return the hiyamugi noodles to the pot, add some of the mixture prepared in step 3 and season with salt and pepper.
6. Place hiyamugi noodles on plate and add the remaining mixture prepared in step 3.

Instructions (Refer to pages 13 and 14 for ingredient details)

Chilled Soumen Noodles with Tomato, Mozzarella Cheese and Basil

1. Dice the tomato and cheese and place in bowl with hand-shredded basil leaves, blend salt, pepper, basil, vinegar, and olive oil, and season to taste.
2. In a separate pot, boil the soumen noodles, making sure they retain their firmness. Rinse in cold water, drain, and add to salad prepared in step 1. Mix together, season with salt and black pepper, and place in dish.

Instructions (Refer to pages 13 and 14 for ingredient details)
Chinese-style Noodles in Chicken Stock
1. Finely shred the cloud ear mushroom and pull apart the
dried scallops. Julienne the chicken. Coat chicken pieces
with one teaspoon cornstarch, sprinkled over the meat.
2. Heat vegetable oil in a wok and stir-fry the chicken. Add
pean, cloud ear mushroom, dried scallops, water, soup
stock, sake, salt and pepper and simmer over low heat
for 5 to 6 minutes. Add 2 teaspoons of cornstarch
dissolved in water until the mixture thickens.
3. Heat the water and chicken stock powder, and when
mixture starts to boil, add the soy sauce and sesame oil
to finish the soup.
4. In a separate pot, boil the Chinese noodles, drain, combine
in bowl with the mixture prepared in step 3 and pour
over what was prepared in step 2.

Instructions (Refer to pages 13 and 14 for ingredient details)

Bunfun-style Fried Soumen Noodles
with Shrimp
1. Add shrimp to shaoxing wine, salt, egg white and
cornstarch and blend with hands. Slice the garlic, finely
chop the shalots, and roughly dice the garlic chives.
2. Boil the soumen noodles, making sure they retain their
firmness, rinse in cold water and drain.
3. Heat vegetable oil in a wok and stir-fry the garlic and a
third of the shalots. Once the oil is flavored, add the
shrimp, stir-fry quickly, and remove from heat.
4. Add a little more oil. stir-fry the remaining shalots and
garlic chives, add the soumen noodles and, once
blended, add the shrimp. Season with soy sauce, chili
powder and salt and then transfer to plate.

Jaa Jaa Kishimen Noodles
1. Finely chop ginger and shalots, dice bamboo shoots and
shiitake mushrooms. Slice the cucumber in rounds and
slice the boiled eggs in half.
2. Add vegetable oil, ginger, shalots and faoujan (chili
miso paste), and stir-fry until fragrant.
3. Add minced meat and sake and stir-fry over high heat.
Add soy sauce and faoujan (Chinese miso paste), blend well, add bamboo shoots and shiitake mushrooms,
and stir-fry. Add chicken soup stock and stir-fry. When
liquid starts to evaporate, add the cornstarch dissolved in
water and simmer until mixture thickens. Add sesame oil
and then turn heat off.
4. In a separate pot, boil the kishimen noodles, rinse
thoroughly in cold water, drain, and place noodles in dish.
5. Place what was prepared in step 3, cucumber and boiled
eggs on the noodles.

Instructions (Refer to pages 13 and 14 for ingredient details)

Chinese-style Noodles in Chicken Stock
1. Finely shred the cloud ear mushroom and pull apart the
dried scallops. Julienne the chicken. Coat chicken pieces
with one teaspoon cornstarch, sprinkled over the meat.
2. Heat vegetable oil in a wok and stir-fry the chicken. Add
pean, cloud ear mushroom, dried scallops, water, soup
stock, sake, salt and pepper and simmer over low heat
for 5 to 6 minutes. Add 2 teaspoons of cornstarch
dissolved in water until the mixture thickens.
3. Heat the water and chicken stock powder, and when
mixture starts to boil, add the soy sauce and sesame oil
to finish the soup.
4. In a separate pot, boil the Chinese noodles, drain, combine
in bowl with the mixture prepared in step 3 and pour
over what was prepared in step 2.

Instructions (Refer to pages 13 and 14 for ingredient details)